

Red: Kidney Beans



Quick Taco Soup

Ingredients:

- 1 lb hamburger
- ½ cup chopped onion
- 3 cups water
- 2 26 oz. Cans stewed tomatoes
- 2 16 oz. Kidney beans (undrained)
- 1 15 oz. Can tomato sauce
- 2 cans corn
- 1 envelope taco seasoning mix (low-sodium)

Directions:

1. Cook hamburger and onions.
2. Drain fat.
3. Add everything else and let boil.

Garnish with cheese, avocados, sour cream, and eat with Tostitos chips!

1 cup of soup provides ½ serving of vegetables